

CLAIMS

I claim:

1 1. A back traction and muscle stretching bench,
2 comprising:

3 a base frame having a front end and a rear end;
4 a thigh support panel disposed on top of said base frame,
5 the thigh support panel being downwardly inclined toward the
6 rear end of said base frame;

7 a torso support member pivotally connected to said base
8 frame;

9 an adjustable support member disposed between said base
10 frame and said torso support member, the adjustable support
11 member allowing inclination of said torso support member to be
12 varied; and

13 a footrest assembly attached to and extending rearward from
14 the rear end of said base frame, the footrest assembly being
15 adjustable in height relative to said thigh support panel.

1 2. The back traction and muscle stretching bench according
2 to claim 1, further comprising an armrest assembly adjustably
3 extending forward from the front end of said base frame.

1 3. The back traction and muscle stretching bench according
2 to claim 1, further comprising a neck rest assembly adjustably
3 extending forward from said torso support member.

1 4. The back traction and muscle stretching bench according
2 to claim 1, further comprising at least one body-securing belt
3 disposed on said torso support member.

1 5. The back traction and muscle stretching bench according to
2 claim 4, further comprising a belt tensioning device disposed on
3 said torso support member, at least one of said body-securing
4 belts being in connection with, and tensionable by, said belt
5 tensioning device.

1 6. The back traction and muscle stretching bench according to
2 claim 1, wherein said footrest assembly comprises:

3 an elongated support arm having first and second ends, the
4 first end being pivotally attached to said base frame and being
5 pivotal in a vertical plane;

6 a pair of footrests disposed on said elongated support arm;
7 and

8 at least a pair of roller pads disposed on said elongated
9 support arm.

1 7. The back traction and muscle stretching bench according to
2 claim 6, wherein said footrests further comprise a clamp member
3 slidable on and selectively clamped to said elongated support
4 arm, whereby said footrests are adjustable in position along the
5 length of said elongated support arm.

1 8. The back traction and muscle stretching bench according to
2 claim 6, wherein said roller pads further comprise a clamp member
3 slidable on and selectively clamped to said elongated support
4 arm, whereby said roller pads are adjustable in position along
5 the length of said elongated support arm.

1 9. The back traction and muscle stretching bench according to
2 claim 6, wherein said roller pads are located between said
3 footrests and said first end.

1 10. The back traction and muscle stretching bench according
2 to claim 1, wherein said torso support member comprises a torso
3 support panel.

1 11. The back traction and muscle stretching bench according
2 to claim 10, wherein said torso support member comprises a frame,
3 the frame being pivotally connected to said base frame, said torso
4 support panel being disposed on said frame.

1 12. The back traction and muscle stretching bench according
2 to claim 10, wherein said torso support panel is pivotal from
3 side to side of said base frame.